

# The Little Bird<sup>©</sup>

A Twice-Weekly Newsletter For Curious Seniors Nancy A. Franks, Editor  
Week Of September 20<sup>th</sup> – 26<sup>th</sup>, 2020 Issue I Topic: Apples  
“Where’d you hear that?” “The Little Bird told me!”



## Top Apple Producing Countries

- # 1: China
- # 2: United States
- # 3: Poland
- # 4: Turkey
- # 5: India



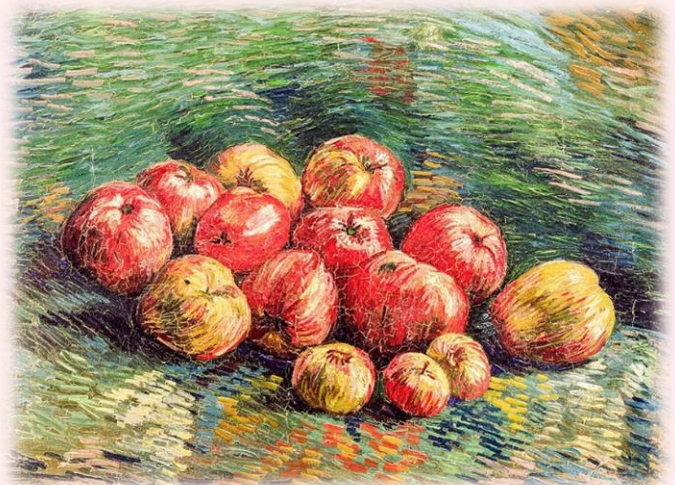
## Top Apple Producing States

- |                  |                    |
|------------------|--------------------|
| #1: Washington   | #6: Virginia       |
| #2: New York     | #7: North Carolina |
| #3: Michigan     | #8: Oregon         |
| #4: Pennsylvania | #9: Ohio           |
| #5: California   | #10: Idaho         |

### *Apple Family Three* By Georgia O'Keefe



### *Still Life With Apples* By Vincent Van Gogh



Georgia O'Keefe, “The Mother Of American Modernism” painted *Apple Family Three* in 1921. This 8 ½ x 11 inch oil on canvas hangs at the Milwaukee Museum Of Art in Wisconsin.

Vincent Van Gogh painted *Still Life With Apples* in Paris during the fall and winter, 1887 – 1888. The 18 x 24 inch oil on canvas hangs at the Van Gogh Museum in Amsterdam, The Netherlands.

What do you like best about each painting? Why?  
Which painting would you prefer to have hanging in your bedroom?

## Stop Peeling - Leave The Skin On Your Apple



Source:  
William Sonoma Taste

Bone-building Vitamin K is found in the skin. It also helps with wound healing.

The skin contains most of the apple's fiber, both soluble and insoluble.

Most of the apple's Vitamin E, an antioxidant, is found in the skin.

The skin contains quercetin which improves and fights off tissue damage in the brain.

## Massachusetts's Folk Hero: Johnny Appleseed



In 1996, Massachusetts designated Johnny Appleseed as the state's official folk hero. That same year, the United States Postal Service issued a five-cent stamp to honor Johnny Appleseed.

This apple-loving man wasn't always known as Johnny Appleseed. He was born on September 26, 1774 in Leominster, Massachusetts and named John Chapman. His father, Nathaniel Chapman, fought in the Battle Of Concord as a minuteman and later in the Continental Army during the Revolutionary War. John's mother died in childbirth while her husband was fighting. When Nathaniel returned, he remarried and fathered ten more children. The family moved to Longmeadow.

Johnny's father, a farmer, urged his son to become an orchardist and arranged an apprenticeship. By 1812, John was known to be working on his own as an orchardist and a nurseryman.

Johnny traveled by foot across the Pennsylvania mountains to what is now the midwest, planting apple trees and preaching a new religion. He lived outside without protection from harsh weather, Native Americans, and wild animals. Johnny planted apple orchards in neat rows protected by fences. He would return to his orchards to tend to the trees and repair the fences. For religious reasons, Johnny did not believe in grafting apple trees. The apples that he grew were used to make hard cider. He also planted peach trees.

Settlers found Johnny friendly, helpful, and a little excentric. They began calling him Johnny Appleseed, often inviting him in for a hot meal by the fire. After he left, they told stories about him. The truth became exaggerated as people handed down stories from one generation to the next. As decades passed, Johnny turned into a larger-than-life folk hero. People portrayed him as a destitute man in threadbare clothing who randomly scattered apple seeds, wore a tin pot as a hat, made his home in a hollow log, and playfully wrestled with families of bears.

John Chapman died of pneumonia on March 18, 1845 in Fort Wayne, Indiana. People honor him by leaving fresh apples by his grave stone. The Johnny Appleseed Museum & Conference Center is at Urbana University in Urbana, Ohio. Countless books and movies tell the story of Johnny Appleseed. Here in Massachusetts, Johnny Appleseed Elementary School is located in Leominster



### Record Breaking Apples

**Heaviest Apple:** 4 pounds, 1 ounce

**Longest Apple Peel:** 16.4 feet in 6 minutes

**Juggling Apples:** 151 bites in 1 minute

**Apple Bobbing:** 37 apples in 1 minute

**Apples Held In The Mouth Cut With A Chainsaw:**  
8 apples in 1 minute





## Apple Idioms

We've heard these sayings for years and even used them ourselves. Let's look at what they mean and when they originated.



(Source: LGI Training And Health)

**You are the apple of my eye.** – This idiom identifies a person or thing that is greatly loved. The saying is in the Bible. Long ago, people thought that the pupil of a person's eye was shaped like an apple.

**One bad apple can spoil the bunch.** – This idiom points out that one person's poor attitude can have a negative effect on the outlook of an entire group. In 1736, Ben Franklin said, "The rotten apple spoils his companion."

**The apple doesn't fall far from the tree.** – This idiom states that children share the same characteristics as their parents. In a letter written in 1839, the American philosopher Ralph Waldo Emerson became the first to use a version of the idiom. "The apple never falls far from the stem."

## Apple Superstitions

In Ancient Rome, apples and apple seeds were used to determine whether the person that someone loved, loved them back.

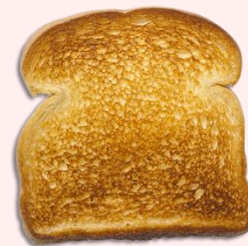


(Source: chowhound.com)



(Source: vickyssilverrepair.com)

On Halloween, women in Scotland would comb their hair as they ate an apple in front of a mirror. This would cause the face of their future husband to appear in the mirror over her left shoulder.



(Source: toast-chicago.com)

A farmer would place a piece of toast in the fork of an apple tree as an offering to the spirits, in hopes that his tree would bear more fruit.

## The Legend Of William Tell

William Tell is a Swiss folk hero. The tale takes us back to 1307 when the Hapsburg Dynasty of Austria had taken control of part of Switzerland. Bailiff Gessler, a Hapsburg representative placed his hat on a pole. He demanded that people passing by salute the hat, even when he wasn't there. When William Tell and his son came down from the mountains into town, Tell refused to salute the



(Source: lookandlearn.com)

hat and was quickly arrested. Tell was offered a deal. If he was able to shoot an apple off his young son's head with a crossbow, at a distance of 120 paces, he could go free. If he was unsuccessful, both he and his son would be killed. Fortunately, William Tell was a superb marksman. The arrow shattered the apple but caused no harm to the terrified boy. William Tell went on to kill Bailiff Gessler which started a Swiss uprising. In the end, the Austrians were forced from Switzerland. The Swiss were free!

Source: [www.huffpost.com/entry/never-peel-apple](http://www.huffpost.com/entry/never-peel-apple), [www.phrases.org.uk, strangeago.com/2018/03/26/10-strange-apple-superstitions-from-the-past](http://www.phrases.org.uk/strangeago.com/2018/03/26/10-strange-apple-superstitions-from-the-past), [www.medicalnewstoday.com/articles/267290](http://www.medicalnewstoday.com/articles/267290), [www.history.com/news/who-was-johnny-appleseed](http://www.history.com/news/who-was-johnny-appleseed), [www.guinnessworldrecords.com/superstitiondictionary.com](http://www.guinnessworldrecords.com/superstitiondictionary.com), [www.ripleys.com/weird-news/johnny-appleseed](http://www.ripleys.com/weird-news/johnny-appleseed), [pr.org/2011/04/17/135409598/johnny-appleseed-planted-stories-of-myth-adventure](http://pr.org/2011/04/17/135409598/johnny-appleseed-planted-stories-of-myth-adventure), <https://curioushistorian.com/william-tell-the-man-the-myth-the-legend>, <https://www.bedtimeshortstories.com/william-tells-story>

Don't miss the next issue of **The Little Bird**!

The topic will be: The 400<sup>th</sup> Anniversary Of The *Mayflower* Voyage



xxx **The Little Bird**

